



Dinner Tonight: Linguine with Heirloom Tomato, Capers, Anchovies, and Chile

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



668 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic clove thinly sliced
- ☐ 1 cup heirloom tomatoes diced cored peeled seeded
- ☐ 4 servings kosher salt
- ☐ 1 pound pasta fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 1 teaspoon pepper red crushed
- ☐ 6 salt-packed capers minced rinsed
- ☐ 1 tablespoon salt-packed capers dry rinsed

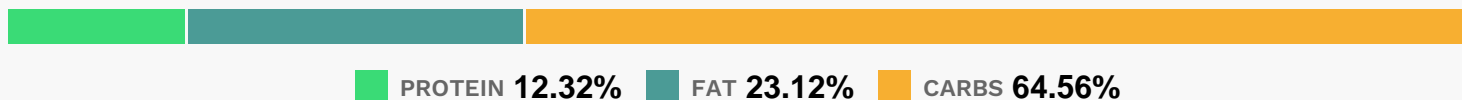
Equipment

- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Bring a large pot of salted water to a boil. If using dried linguine, add now, and cook according to the directions on the packaging; you should be able to cook the sauce in the amount of time the pasta takes to cook. If using fresh linguine, hold off.
- ☐ Meanwhile, toast the breadcrumbs in a large dry skillet set over medium heat. Toss occasionally, and cook until they are lightly browned. (I cooked mine a tad too long.) Set aside.
- ☐ Pour the one tablespoon of olive oil into a large skillet set over medium heat. When oil is shimmering, add the sliced garlic and cook until lightly browned, one to two minutes.
- ☐ Add the red pepper flakes, and cook until fragrant, about 30 seconds.
- ☐ If using the fresh linguine, it's about time to add the pasta to the boiling water. Cook until al dente, about two minutes.
- ☐ Add the diced tomato, anchovies, capers, and a pinch of salt to the skillet. Stir well, and simmer until the sauce has thickened, about two minutes. Turn off the heat, and add the parsley and extra-virgin olive oil. Stir well. Taste and add more salt if needed.
- ☐ When either the dried or fresh pasta is al dente, transfer it with a pair of tongs directly from the pot to the skillet. Toss well. Divide the pasta between four plates, and top each with a sprinkling of bread crumbs. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:34.67, Inflammation Score:-7, Nutrition Score:22.86913044038%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 667.75kcal (33.39%), Fat: 17g (26.15%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 106.79g (35.6%), Net Carbohydrates: 101.15g (36.78%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 1142.3mg (49.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.77%), Selenium: 78.9µg (112.71%), Vitamin K: 75.03µg (71.46%), Manganese: 1.38mg (69.15%), Phosphorus: 274.93mg (27.49%), Vitamin B1: 0.39mg (25.73%), Fiber: 5.64g (22.54%), Copper: 0.44mg (21.8%), Vitamin B3: 4.06mg (20.32%), Magnesium: 79mg (19.75%), Iron: 3.31mg (18.41%), Vitamin E: 2.51mg (16.75%), Vitamin A: 774.65IU (15.49%), Folate: 60.8µg (15.2%), Zinc: 2.14mg (14.28%), Vitamin B6: 0.27mg (13.26%), Vitamin C: 10.8mg (13.09%), Potassium: 433.8mg (12.39%), Vitamin B2: 0.19mg (11.46%), Calcium: 88.1mg (8.81%), Vitamin B5: 0.7mg (7.04%), Vitamin B12: 0.09µg (1.57%)